

Culture in China

Family Traditions and Superstitions

- Confucianism— a set of teachings or philosophy from Confucius that has been a large part of Chinese tradition. It focuses on growing in virtue and maintaining good ethics.
- Colors—
 - Red- blood, positive aspects of life like happiness, wealth, fame, and good luck
 - Black- sin, evil, bad fortune, and lack of civilization
 - White- balance between red and black, signifies honesty, moderation, purity, and life

more Superstitions and Traditions

- Clothing– bright colors are usually preferred, but are usually suited for what they are doing at the time
- Greetings– slightly bowing the head and speaking softly, and also, more familiar greetings often include offering of food
- Numbers– can determine someone's fate, like what a child will be named, or the symbol of eight for lucky which is a double of four which is connected to death
- Chinese New Year

Food

Few cultures are as food oriented as the Chinese

It is...

- an important and irreplaceable part of many rituals
- adaptable (The Chinese are well aware of their surroundings and can substitute their food staples during famines to other edible foods not usually used. This information has been passed down through living culture.)
- brought in from other parts of Asia to become staples in the cuisine.

more about Food

- Meals are balanced and include an appropriate amount of rice or noodles and meat and vegetables.
- Traditionally the vegetables and meats are cut up and either incorporated throughout the dish or are combined ie. wontons.
- Many Chinese kitchens include a rice cooker, wok, cleaver/chopping knife, and a chopping anvil (very similar to a cutting board).
- Preserved food is common.

lastly about Food

- The importance of food in Chinese culture also is because of medicinal purposes. Food is used like medicine to create diets that can prevent diseases or cure health conditions. The Chinese classify different foods by the yin or yang quality that they possess, and therefore there must be a proper balance. An excess in one of the qualities would lead to disease. Overindulgence in food or drink is a sin and may lead a dynasty to fail.

Food Staples

- **Starches:** millet, rice, wheat, maize, buckwheat, yam, and sweet potato

Legumes: soybean, broad bean, peanut, and mung bean

Vegetables: amaranth, Chinese cabbage, mustard green, turnip, radish, and mushroom

Fruits: peach, apricot, plum, apple, pear, crab apple, mountain haw, longan, litchi, and orange

Meats: pork, beef, mutton, venison, chicken, duck, goose, pheasant, and many varieties of fish

Spices: red pepper, ginger, garlic, spring onion (scallions), and cinnamon

Activity Center for Food

Radish



Okra



Arts

- Calligraphy– what began as an art for the educational elite, it has become familiar to all social classes.
- Painting
- Sculpture– seal engraving was used to represent social class and authority.
- Carving
- Opera and Theater
- Music and Dance



Activity Centers for Art

Calligraphy



Opera Facial Makeup



Inventions

Paper Currency



Now used by most countries, the earliest documentation of it dates back to 800 BC.

Row Crops



This way of planting beginning around sixth century BC allowed plants to grow faster and bigger.

more Inventions

Gun Powder



Originally created as an elixir for immortality, gun powder began to be used during war as a quick and less painful way to reach death.

Fireworks



Invented for entertainment and later used to scare enemies during war, fireworks have become a big part of celebrating.

And even more Inventions

- wheelbarrow
- rudder
- crank handle
- true porcelain
- parachute
- compass
- kites
- fishing reel

Activity Center for Inventions

Mahjong Tiles

